

Lesson Plan

Anna Bergton.

Jesse Ketchum School.

Gymnastics

- Types:
1. To help postural defects.
 2. To aid flexibility, co-ordination, agility.
 3. To teach fundamental skills.

Dancing

- Types:
- A. Individual
 - B. Folk Dances.

1. Teach fundamental dance steps.
2. Group work.
3. To develop rhythm, co-ordination and lightness.
4. To aid in leisure time.

Games

- Types:
1. To teach fundamental skills, - catching, throwing, etc.
 2. To develop sportsmanship.
 3. For leisure time.
 4. Encourage group work.

Concentrating on Demonstration work.

Your activities should be
specifically named

Name: Lois Creighton, School: Jesse Hutchinson, Class: V Age: 10, Lesson: Practice Teaching No. 11.

Time Allotment

Type of Activity

Activity

30 mins.

05 mins.

10 mins.

15 mins.

Locomotive

Stunts (individual)

Same.

Running, skipping hopping,
correctly.

1. Cat walk.

2. Duck walk.

3. The Rabbit jump.

Fox & Goose.

Grade TX

30 mins.

5 mins.

10 mins.

15 mins.

Locomotive.

Dance.

Same

Fundamental steps of dance to
be taught in lesson.

Swedish Schottische.

End Ball.

Games.

1. Know game perfectly.
2. Formation before explanation.
3. Explanations simple and concise.
4. Teach by the part method - stopping to explain new parts or correct mistakes,
5. Never talk when children are inattentive or talking.
6. Use whistle only when necessary. Never without having something to say.
7. See that rules are carried out.
8. Announce scores - winners, etc.

Folk Dances.

Neilson & Van Hagen.

How D'ye Do, my Partner.	785.
Round The Village	87.
Shoemaker's Dance.	88.
Chimes of Bunkirk.	98.
A Hunting we will go.	100.
Pussy Cat, Pussy Cat	105.
Please Porridge Hot	124.
Carousel	128.
Jolly is the Miller	132.
Little Bo Peep.	133.
Nixie Polka	134.
Children's Polka	172.
Dutch Couples	176.
Jump Jim Cow	183.
Pop Goes Weasel	185 + 222.
Rovenacka	186.
Sebogau	220.
Ritach, Ratach.	224.
Virginia Reel	225.
Capt. Jinks	265.
Little Nan in a F. lig.	262.
Norwegian Mountain.	264.
Polly Wolly Doodle	264.
Crested Hen.	300.

Singing Games from Rhythmic Games.

Step Step 10.
Bobby Shaftoe 18.
Muffin Man 24.
Ho! Ho! 32.

Irish Lilt. - D.L.S. - 161.
Irish Long Light. " 134
Milkbrook. - D.L.S. 164
Military Schottische.
Butcher's Dance. D.L.S. - 147
Pop Goes the Weasel - N.Y.U.H. - 303
Old Dan Tucker. -
Highland Schottische
Badger Gavotte. - D.L.S. 121.
Lottie is Dead.
Gustaf's
Come let us be gayful.
Danish Dance of Greeting.
Highland Fling. - La Salle - 158
Ace of Diamonds.
Blonegal. - La Salle - 131
How do you do.

Three Wives - La Salle - 104
The Mangle - N.Y.U.H. - 303

Grade	Title	James. Reference	Page.
I	Drop the Handkerchief	Neilson and Van Hagen	98.
I	Skip Tag	"	91
I	Brownies and Fairies	"	89
I	Squirrels in Trees	"	91
I	Chase the Animal around the tree	"	89
I	Stop and Start	"	92
I	Crossing the Brook	"	90
I	Fox and Farmer	Dorothy La Salle	386
I	Toss Ball	"	33
I	Charlie Over the Water	"	35
I	Slap Jack.	Neilson and Van Hagen	92
I	Jack as Nimble	"	90
I	Knobs and Knives	Bowers.	24
I	Kat and Mouse	Dorothy La Salle	35
I	Teacher and Class Throw.	"	83
I	Hunter	Mason and Mitchell	221
I	Call Ball	Dorothy La Salle	34

Games Cont'd.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
II	Hound and Rabbit	Nelson and Van Hagen	96
II	Bird Catcher	"	95
II	Back to Back	"	95
II	Puss on a Circle	"	97
II	Spider and Flies	"	98
II	Midnight	Bowles	23
II	Poison Tag	"	18
II	Catch of Fish	Nelson and Van Hagen	232
V	Cross Tag	"	269
V	Ball Stand	"	268
II	Barley Break	"	166
I	Flowers and Wind	Dorothy La Salle	38
II	Ring Call Ball	Nelson and Van Hagen	97
II	Double Circle	"	96
II	Run for your Supper	"Dorothy" La Salle	48
I	Well Cat	"	48
II	Poison Tag	Index Cards	
II	Cat and Rat	Nelson & Van Hagen	95

James Cont'd.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
<u>III</u>	Fire Engine	Index Cards.	
<u>I</u>	Tag	Dorothy La Halle	36
<u>II</u>	Floor "	Mason and Mitchell	2 48
<u>III</u>	Partner "	Dorothy La Halle	50
<u>III</u>	Black Tom	Bowers	23
<u>III</u>	Hoop Tag	Neilson and Van Hagen	126
<u>I</u>	Have you Seen my Sheep	Dorothy La Halle	35
<u>III</u>	Will Dill	Neilson and Van Hagen	126
<u>III</u>	Posture Tag	Mason and Mitchell	2 40
<u>III</u>	Res. Bag- Board with Round Holes.	Neilson and Van Hagen	126
<u>III</u>	" Nucle Grab.	"	123
<u>III</u>	" Passing Relay	"	140
<u>III</u>	Stag	Index Cards.	
<u>III</u>	Hunt the Slipper or Slipper Tag	"	
<u>III</u>	Ocean is Storming	Neilson and Van Hagen	125
<u>III</u>	Dodge Ball	"	146

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
<u>10</u>	Pincho	Nelson and Van Hagen	271
<u>10</u>	Fox and Geese	"	315
<u>12</u>	Bean Bag-Corner Spray	"	166
<u>12</u>	French Tag-Two Deep	"	171
<u>11</u>	Double Tag	"	124
<u>11</u>	Ball Passing	"	123
<u>11</u>	Flying Dutchman	"	124
<u>11</u>	Three Around	"	126
<u>11</u>	Forest Lookout	"	126
<u>11</u>	Boundary Ball	"	146
<u>10</u>	Battle "	"	248
<u>11</u>	Pass Over Relay	"	141
<u>10</u>	Shuttle Relay	"	217
<u>14</u>	Kick Dodge Ball	"	163
<u>14</u>	Hound and Rabbit	"	96
<u>11</u>	Kick Pass Ball	Dorothy La Salle	34

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<u>Trade</u>	<u>Title</u>	<u>Games Cont.</u> <u>Reference</u>	<u>Page</u>
<u>VI</u>	Criss-Cross Relay	Index	201
<u>IV</u>	Kick Passing Races	Mason & Mitchell	201
<u>VIII</u>	Pursuit Ball	Index	194.
Trade <u>V</u>	Kick Soccer.	Neilson & Van Hagen	194.
<u>VI</u>	Hand Ball.	"	268
	Herman's Relay.		
	Quoit Relay.		
<u>VI</u>	Prisoners' Base.	Neilson & Van Hagen	271
<u>VII</u>	Hit Pin Baseball	"	279
<u>V</u>	Corner Kick Ball	"	
<u>IV</u>	Bat Ball	"	151
<u>V</u>	Progressive Dodge Ball	"	198